



Lincoln-Lancaster County Health Department

# School Health News

Winter, 2005

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## The Parent's Journal

The Parent's Journal is a weekly, nationwide radio series for parents, grandparents, and others who care for and about children. This is not a program that dispenses "quick-fix" solutions on child rearing, but rather a program that is designed to help parents understand how children develop intellectually, socially, emotionally, and physically. The program features interviews with child development and pediatric experts, educators and real parents who share tips and information to help parents face the many challenges of everyday parenting.

January's Topics Include:

- Choosing Child Care and Making it Work For You
- Help For Your Struggling Student
- New SIDS Prevention Info. From the American Academy of Pediatrics
- Let's Have Fun! (Play For Toddlers & Preschoolers)
- Teen Talk: Learning The Skills To Communicate
- Your Baby's Memory
- Helping Boys Learn In The Early Years
- The Baby's On The Way! Taking Care Of Yourself During Pregnancy
- Parties With A Purpose
- Learning How Toddler Brain Development Affects Behavior
- Parenting Latino Style In Today's World
- It's Storybook Time: How Children's Fiction Can Help Babies & Toddlers

The Lincoln Lancaster County Health Department, Lancaster County Medical Society Foundation, and KZUM radio are partnering to bring this great parenting resource to Lincoln and the surrounding communities. Please call the Lincoln Lancaster County Health Department with your questions or comments about the program - David Humm, 441-8043.

Listen to the Parent's Journal every Saturday morning from 9-10 am on your community radio station KZUM 89.3 FM or visit [www.parentsjournal.com](http://www.parentsjournal.com) to listen to archived shows listed by topic.

Visit the Parent's Journal Website for Great Parenting Tips and Useful Resources at:  
**[www.parentsjournal.com](http://www.parentsjournal.com)**

